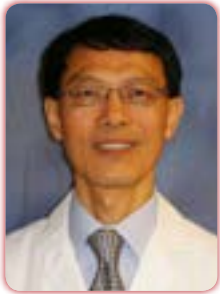


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Obesity & Weight Management

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Yi-Hao Yu

Greenwich Hospital, USA

Towards individualized therapy for obesity: A heterogeneous disorder

Obesity is a heterogeneous disorder of various causes. To make treatment most effective, therapy must be tailored to individuals who manifest obesity with different underlying etiologies. Monogenic forms of obesity are rare, but some of them where correction of the underlying defect is attainable provide opportunities for showcasing individualized treatment principles and favorable outcomes. The common forms of obesity are polygenic in nature. While the exact genetic defects in the affected individuals are not known, most of them manifest as predominantly metabolic obesity or hedonic obesity, which should be treated differentially with tailored interventions whenever possible. More importantly at this time, we advocate that existing therapies and treatment modalities under development be evaluated for their optimal therapeutic efficacy separately in patients with metabolic obesity and those with hedonic obesity.

Biography

Yi-Hao Yu is an Endocrinologist of Northeast Medical Group, Yale-New Haven Health System, Connecticut, USA. He is the Medical Director of Center for Behavioral & Nutrition Health and Inpatient Diabetes Program at Greenwich Hospital. Previously, he was faculty of several universities and served as Director of Nutrition Services at Columbia Presbyterian Hospital, Director of Nutrition Fellowship Program at Columbia University and Medical Director of Discovery Medicine & Clinical Pharmacology at Bristol-Myers Squibb Company. He completed his MD and PhD at NYU School of Medicine. He has published more than 20 original research papers in the top-notch medical and scientific journals and many reviews/book chapters in the field of "Diabetes, obesity and associated metabolic disorders".

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